



BOY SCOUTS OF AMERICA®



**PALA+**  
activity+nutrition



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The purpose of the Boy Scouts of America — incorporated on Feb. 8, 1910, and chartered by Congress in 1916 — is to provide an educational program for boys and young adults to build **character**, to train in the responsibilities of participating **citizenship**, and **to develop personal fitness.**



[www.scouting.org](http://www.scouting.org)



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## SCOUTStrong / PALA+ Challenge



In 2011, the **Boy Scouts of America** aligned with the President's Council on Fitness, Sports & Nutrition to **promote good health for America's youth.**



# SCOUTStrong / PALA+ Challenge





The entire BSA organization is being encouraged to earn their SCOUTStrong/PALA+ Challenge award including:



- Scouts of all ages
- Parents/Guardians
- Local Council Staff
- Friends of Scouting
- Council Board Members
- Venturers
- BSA Volunteers
- National Council Staff
- BSA Alumni







## Goals for Kids and Teens

### 1. **Physical activity:** You need to be active...

- 60 minutes a day,
- at least 5 days a week,
- for 6 out of 8 weeks.

OR, you can count your daily activity steps using a pedometer

- girls' goal: 12,000; boys' goal: 12,000

### 2. **Healthy Eating:** Scouts select one of 8 nutrition goals to focus on during the week





# Goals for Adults

(Anyone over the age of 18)

## 1. **Physical activity:** You need to be active...

- 30 minutes a day,
- at least 5 days a week,
- for 6 out of 8 weeks.

OR, you can count your daily activity steps using a pedometer

- Adults' goal: 8,500 steps

## 2. **Healthy Eating**





# Tips for Healthy Eating

- Make half your plate [fruits and vegetables](#)
- Make half the grains you eat [whole grains](#)
- Choose fat-free or low-fat (1%) [milk, yogurt, or cheese](#)
- [Drink water](#) instead of sugary drinks
- [Compare sodium](#) in foods like soup and frozen meals and choose foods with less sodium
- Choose [lean sources of protein](#)
- Eat some [seafood](#)
- Pay attention to [portion size](#)





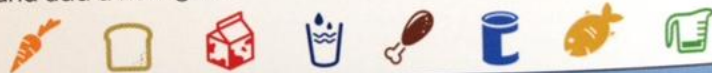
## How did we implement the program?

### Recognizing assets in your community

1. **Introduced** the program to the families
2. **Directed** families to the PALA+ and SCOUTStrong websites
3. **Printed and distributed** the “Activity & Nutrition Worksheet”
4. **Encouraged, guided, and checked progress** of participants
5. **Collected** completed worksheets
6. **Ordered and printed** certificates
7. **Organized** an award ceremony

	Day	Physical Activities	# of Minutes or Pedometer Steps
Week 5	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		

Healthy Eating—Circle and continue with previous goals, and add a new goal.





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# How did we implement the program?

## Created an "INFORMATION BOARD"







## What did the scouts do during the six weeks?

- Walked to and from school
- Played more active games during recess
- Ran laps around the school yard and neighborhood houses



**...and so much more!**





Healthy Eating





## What did families do?

- Exercised together
- Developed healthy eating habits
- Logged and reported their progress







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# What did families do?

Logged and reported their progress

The image displays multiple PALA+ (Presidential Active Lifestyle Award) logs, which are used to track physical activity and healthy eating habits. The logs are organized by week and include sections for 'Physical Activities' and 'Healthy Eating Goals'. Handwritten entries provide specific details about the activities and goals achieved.

**Log 1 (Top Left):** Week 1, Physical Activities: 10 min walking, 10 min jumping rope, 10 min running, 10 min swimming, 10 min biking, 10 min playing outside. Healthy Eating Goals: 10 min walking, 10 min jumping rope, 10 min running, 10 min swimming, 10 min biking, 10 min playing outside.

**Log 2 (Top Right):** Week 1, Physical Activities: 10 min walking, 10 min jumping rope, 10 min running, 10 min swimming, 10 min biking, 10 min playing outside. Healthy Eating Goals: 10 min walking, 10 min jumping rope, 10 min running, 10 min swimming, 10 min biking, 10 min playing outside.

**Log 3 (Middle Left):** Week 1, Physical Activities: 10 min walking, 10 min jumping rope, 10 min running, 10 min swimming, 10 min biking, 10 min playing outside. Healthy Eating Goals: 10 min walking, 10 min jumping rope, 10 min running, 10 min swimming, 10 min biking, 10 min playing outside.

**Log 4 (Middle Right):** Week 1, Physical Activities: 10 min walking, 10 min jumping rope, 10 min running, 10 min swimming, 10 min biking, 10 min playing outside. Healthy Eating Goals: 10 min walking, 10 min jumping rope, 10 min running, 10 min swimming, 10 min biking, 10 min playing outside.

**Log 5 (Bottom Left):** Week 1, Physical Activities: 10 min walking, 10 min jumping rope, 10 min running, 10 min swimming, 10 min biking, 10 min playing outside. Healthy Eating Goals: 10 min walking, 10 min jumping rope, 10 min running, 10 min swimming, 10 min biking, 10 min playing outside.

**Log 6 (Bottom Right):** Week 1, Physical Activities: 10 min walking, 10 min jumping rope, 10 min running, 10 min swimming, 10 min biking, 10 min playing outside. Healthy Eating Goals: 10 min walking, 10 min jumping rope, 10 min running, 10 min swimming, 10 min biking, 10 min playing outside.

# Log and Report!



PALA+ is an award program of the President's Challenge, the premier program of the President's Council on Fitness, Sports & Nutrition. To sign up for PALA+, please visit [www.presidentschallenge.org](http://www.presidentschallenge.org)

Participant Name \_\_\_\_\_ Age \_\_\_\_\_

Group ID (if applicable) \_\_\_\_\_

Date Started \_\_\_\_\_

Date Completed \_\_\_\_\_

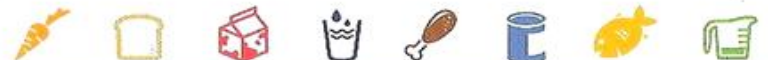
## Get Recognized!

Once you complete the log and meet your goals, turn it into your teacher or group administrator (if told to do so). Or, visit [www.presidentschallenge.org](http://www.presidentschallenge.org) to report your accomplishment and receive your certificate signed by the co-chairs of the President's Council on Fitness, Sports & Nutrition.

Week 1

Day	Physical Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		

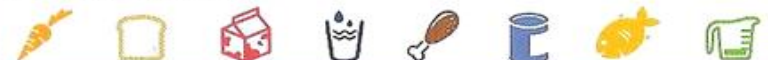
Healthy Eating—Select a goal for this week.



Week 4

Day	Physical Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		

Healthy Eating—Circle and continue with previous goals, and add a new goal.









**On January 26, 20 members of Pack 914 received the SCOUTStrong/PALA+ Awards!**





## What could we have done differently?

- 1) Find a sponsor to offset costs such as...
  - Indoor location
  - Water & Drinks
  - Certificate package
  - T-Shirts and sport gear
  - Healthy snacks at events



- 2) Recruit more adult volunteers to motivate participants and keep track of their weekly progress





## Recommendations

The larger the group, the more there is to worry about!

- Have a "Rainy Day Location"
- Establish a connection with Parks and Rec in your area
- Recruit more volunteers to track progress of participants
- Have microphone on hand
- Always think safety first!









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Here's a news story on our work!

[www.baltimoresun.com/explore/howard/news/community/ph-ho-cf-cubscouts-0202-20120127,0,7544484.story](http://www.baltimoresun.com/explore/howard/news/community/ph-ho-cf-cubscouts-0202-20120127,0,7544484.story)







**Learn More about the ScoutStrong/PALA+ Challenge!**

<http://www.presidentschallenge.org/>

<http://www.scouting.org/SCOUTStrongPALA.aspx>



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Is a proud supporter of the President's Challenge Program and the  
"Million PALA Challenge"